

Abstrak

PERBEDAAN TINGKAT KECUKUPAN ENERGI DAN PROTEIN ANAK, SERTA KUALITAS DIET IBU PADA ANAK USIA 6 – 23 BULAN STUNTING DAN NON-STUNTING DI KABUPATEN BANYUMAS

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Latar Belakang: Salah satu permasalahan gizi pada masa 1000 HPK adalah stunting yang menghambat pertumbuhan dan perkembangan anak. Stunting dapat terjadi karena faktor langsung dari asupan gizi dan faktor tidak langsung dari kualitas diet ibu yang dapat memengaruhi kualitas ASI yang dihasilkan. Penelitian ini bertujuan untuk mengetahui perbedaan tingkat kecukupan energi dan protein anak, serta kualitas diet ibu pada anak usia 6 – 23 bulan stunting dan non-stunting di Kabupaten Banyumas.

Metodologi: Penelitian dilakukan menggunakan desain studi *case control* dengan masing-masing 36 sampel tiap kelompok stunting dan non-stunting usia 6 – 23 bulan di Desa Sumbang, Banteran, dan Karangtengah. Responden dipilih berdasarkan teknik *purposive sampling* dan *matching* usia $\pm$ 2 bulan dan lokasi desa. Instrumen dalam penelitian ini adalah formulir SQ-FFQ untuk mendapatkan data asupan makan ibu dan anak, serta standar skoring HEI-2015 untuk menilai kualitas diet ibu. Analisis bivariat dilakukan dengan menggunakan uji *Independent t-test* dan *Mann-Whitney*.

Hasil Penelitian: Hasil uji menunjukkan bahwa terdapat perbedaan tingkat kecukupan energi dan protein pada anak usia 6 – 23 bulan stunting dan non-stunting di Kabupaten Banyumas (*p-value* <0,001) dengan persentase tingkat kecukupan energi dan protein lebih tinggi pada kelompok non-stunting. Namun, tidak terdapat perbedaan pada kualitas diet ibu dengan anak stunting dan non-stunting di Kabupaten Banyumas (*p-value* = 0,254).

Kesimpulan: Terdapat perbedaan tingkat kecukupan energi dan protein anak, tetapi tidak terdapat perbedaan kualitas diet ibu pada anak usia 6 – 23 bulan stunting dan non-stunting di Kabupaten Banyumas

Kata Kunci: kecukupan energi, kecukupan protein, kualitas diet, stunting

Abstract

DIFFERENCES IN ENERGY AND PROTEIN ADEQUACY LEVELS IN CHILDREN AND MATERNAL DIET QUALITY BETWEEN STUNTING AND NON-STUNTING CHILDREN AGED 6 – 23 MONTHS IN BANYUMAS REGENCY

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Background: Stunting is a one of the common nutrition problems encountered during the first 1000 days of life, which hinders child growth and development. It may result from direct factors such as nutrition intake, as well as indirect factors such as maternal diet quality that can affect breast milk composition. This study aims to determine the differences in energy and protein adequacy levels in children and maternal diet quality in stunting and non-stunting children aged 6 – 23 months in Banyumas Regency.

Methods: This case-control study involved 36 samples in each group of stunting and non-stunting children aged 6 – 23 months in Sumbang, Banteran, and Karangtengah Villages. Respondents were selected through purposive sampling with age (± 2 months) and village matching. Dietary intake was assessed using the SQ-FFQ and maternal diet quality using the HEI-2015. Bivariate analysis was performed using the Independent t-test and Mann-Whitney test.

Result: The result showed significant differences in the energy and protein adequacy levels between stunting and non-stunting children aged 6 – 23 months in Banyumas Regency (p -value $< 0,001$) with higher energy and protein adequacy levels in the non-stunting group. However, there was no significant difference in the diet quality of mothers with stunting and non-stunting children aged 6 – 23 months in Banyumas Regency (p -value = 0,254).

Conclusion: There were significant differences in the energy and protein adequacy levels in children, but no significant difference in the maternal diet quality between stunting and non-stunting children aged 6 – 23 months in Banyumas Regency.

Keywords: energy adequacy, diet quality, protein adequacy, stunting