

ABSTRAK

PERBEDAAN TINGKAT ASUPAN ENERGI, PROTEIN, ZINK, DAN RIWAYAT PENYAKIT INFEKSI PADA BALITA STUNTING DAN STUNTING DI PUSKESMAS I CILONGOK

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Latar Belakang : Stunting pada balita merupakan masalah gizi kronis yang muncul akibat dari keadaan kurang gizi yang berlangsung cukup lama. Faktor penyebab langsung terjadinya stunting adalah kurang asupan zat gizi dan terjangkitnya penyakit infeksi. Penelitian ini bertujuan untuk mengetahui perbedaan tingkat asupan energi, protein, zink, dan riwayat penyakit infeksi pada balita stunting dan non stunting di Wilayah Kerja Puskesmas I Cilongok.

Metodologi : Jenis penelitian ini adalah observasional dengan rancangan *case-control study*. Penentuan sampel studi kasus kontrol berpasangan dengan rasio 1:1 dengan jumlah sampel 22:22. Uji statistik univariat menggunakan distribusi frekuensi dan bivariat menggunakan uji *mann whitney*.

Hasil Penelitian : Rata-rata tingkat asupan pada balita stunting adalah energi 77,11%, protein 117,01%, zink 96,79%, sedangkan pada balita non stunting adalah energi 84,24%, protein 128,83%, zink 96,84%. Balita stunting yang mempunyai riwayat penyakit infeksi sebesar 72,7%, sedangkan balita non stunting sebesar 54,5%. Berdasarkan hasil analisis tidak adanya perbedaan tingkat asupan energi, protein, zink, dan riwayat penyakit infeksi pada kelompok balita stunting dan non stunting.

Kesimpulan : Tidak terbukti secara statistik adanya perbedaan tingkat asupan energi, protein, zink, dan riwayat penyakit infeksi pada balita stunting dan non stunting di Puskesmas 1 Cilongok.

Kata kunci : riwayat infeksi, stunting, tingkat kecukupan gizi

ABSTRACT

THE DIFFERENCE OF ENERGY, PROTEIN, ZINC ADEQUACY AND HISTORY INFECTIOUS DISEASE BETWEEN STUNTING AND NON STUNTING TODDLER AT I CILONGOK MEDICAL CENTRE

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Background : *Stunting of toddler is a chronic nutritional problems arising from malnutrition in a long period of time. Causative factor happen stunting is inadequacy number of nutrients and infectious disease. The study aims to analyze the difference of energy, protein, zinc adequacy and history infectious disease between stunting and non stunting toddler at I Cilongok medical centre.*

Method of Research : *The research was observational study with case-control study. Participant of the research were 22 stunted toddler and 22 non stunted toddler with ratio 1:1. Univariate analyze use frequency distribution and bivariate analyze use mann whitney test.*

Result : *Average energy 77,11%, protein 117,01%, zinc 96,79% adequacy of stunting toddler and average energy 84,24%, protein 128,83%, zinc 96,84% adequacy of non stunting toddler. History infectious disease 72,7% of stunting toddler and 54,5% of non stunting toddler. As a result there was not any difference of energy, protein, zinc adequacy and history infectious disease between stunting toddler and non stunting toddler.*

Conclusion : *There was not any difference of energy, protein, zinc adequacy and history infectious disease between stunting toddler and non stunting toddler at working area I Cilongok medical centre.*

Key Word : *history infectious disease, stunting, nutrient adequacy*