

POLITEKNIK KESEHATAN TANJUNGPUR
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Gambaran Asupan Energi dan Protein, Pola Asuh, dan Riwayat Penyakit Infeksi dengan Kejadian *Stunting* Balita Usia 24-59 Bulan di Pekon Tanjung Jati Wilayah Kerja Puskesmas Pasar Simpang

xiv + 55 halaman + 12 tabel, 6 gambar, 10 lampiran

ABSTRAK

Stunting merupakan kondisi gagal tumbuh pada anak yang ditandai dengan tinggi badan yang lebih pendek dari anak seusianya. *Stunting* disebabkan oleh multi faktor seperti asupan makanan, ASI eksklusif, *hygiene* dan sanitasi lingkungan, serta penyakit infeksi. *Stunting* akan memberikan dampak buruk pada kehidupan balita di masa yang akan datang. Penelitian ini bertujuan untuk mengetahui gambaran asupan energi dan protein, pola asuh, dan riwayat penyakit infeksi dengan kejadian *stunting* balita usia 24-59 bulan di pekan Tanjung Jati wilayah kerja Puskesmas Pasar Simpang.

Jenis penelitian yang dilakukan bersifat deskriptif untuk mengetahui gambaran asupan energi dan protein, pola asuh, dan riwayat penyakit infeksi dengan kejadian *stunting* balita usia 24-59 bulan di Pekon Tanjung Jati. Subjek penelitian adalah balita berusia 24-59 bulan sebanyak 37 anak. Penelitian akan dilakukan di pekan Tanjung Jati pada bulan April-Mei 2023. Teknik sampling yang digunakan dalam penelitian ini adalah *Simple Random Sampling*, yaitu teknik pengambilan sampel secara acak, dimana setiap elemen atau anggota populasi memiliki kesempatan yang sama untuk terpilih menjadi sampel.

Hasil penelitian menunjukkan prevalensi *stunting* pada balita di Pekon Tanjung Jati wilayah kerja Puskesmas Pasar Simpang yaitu sangat pendek (*severely stunted*) 10,8%, pendek (*stunted*) 32,4%. Balita dengan asupan energi sangat kurang 21,6%, kurang 43,2%. Balita dengan asupan protein sangat kurang 21,6%, kurang 21,6%. Balita tidak ASI eksklusif 67,6%. Balita menderita penyakit infeksi dalam 1 bulan terakhir 56,8%. Balita dengan *hygiene* dan sanitasi lingkungan kurang baik 10,8%.

Berdasarkan hasil penelitian maka saran yang dapat diajukan kepada keluarga balita di Pekon Tanjung Jati wilayah kerja Puskesmas Pasar Simpang diharapkan dapat memperhatikan asupan makan balita, pola asuh makan dan kebersihan, dan kepada Puskesmas Pasar Simpang agar lebih sering melakukan surveilansi balita *stunting* agar terdeteksi lebih cepat dan dapat meminimalisir kejadian *stunting*.

Kata kunci : *stunting*, pola asuh, riwayat penyakit
Daftar bacaan : 66 (2002-2022)

**POLITEKNIK KESEHATAN TANJUNGPURUNING
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Overview of Energy and Protein Intake, Parenting Patterns, and History of Infectious Diseases with Incidence of *Stunting* Toddlers Age 24-59 Months in Pekon Tanjung Jati Working Area of Pasar Simpang Health Center

xiv + 55 pages + 12 tables, 6 pictures, 10 attachments

ABSTRACT

Stunting is a condition of failure to thrive in children which is characterized by a shorter height than children of their age. Stunting is caused by multiple factors such as food intake, exclusive breastfeeding, environmental hygiene and sanitation, and infectious diseases. Stunting will have a negative impact on the lives of toddlers in the future. This study aims to determine the description of energy and protein intake, parenting style, and history of infectious diseases with the incidence of stunting in toddlers aged 24-59 months in the village of Tanjung Jati, the working area of the Pasar Simpang Health Center.

This type of research was descriptive in nature to describe energy and protein intake, parenting styles, and history of infectious diseases with the incidence of stunting in toddlers aged 24-59 months in Pekon Tanjung Jati. The research subjects were toddlers aged 24-59 months as many as 37 children. The research will be conducted in Tanjung Jati village in April-May 2023. The sampling technique used in this study is Simple Random Sampling, which is a random sampling technique, where each element or member of the population has the same opportunity to be selected as a sample.

The results showed that the prevalence of stunting in toddlers in Pekon Tanjung Jati working area of Pasar Simpang Health Center was severely stunted 10.8%, stunted 32.4%. Toddlers with very less energy intake 21.6%, less 43.2%. Toddlers with very less protein intake 21.6%, less 21.6%. Toddlers are not exclusively breastfed 67.6%. Toddlers suffer from infectious diseases in the last 1 month 56.8%. Toddlers with poor environmental hygiene and sanitation 10.8%.

Based on the results of the research, suggestions that can be submitted to families of toddlers in Pekon Tanjung Jati working area of Pasar Simpang Health Center are expected to pay attention to toddlers' food intake, parenting and hygiene, and to Pasar Simpang Health Center to carry out stunting toddler surveillance more often so that it is detected more quickly and can minimize the incidence of stunting.

Keywords : stunting, parenting style, medical history

Reference : 66 (2002-2022)