

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI
Tugas Akhir. April 2025

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Gambaran Kebiasaan Konsumsi Protein Hewani Dan Kejadian Stunting Pada Anak Umur 6 – 23 Bulan Di Wilayah Kerja Puskesmas Sukadamai

xii + halaman 62 + tabel 10 + gambar 3 + lampiran 11

ABSTRAK

Berdasarkan data dari Survei Kesehatan Indonesia (SKI) pada tahun 2023 Provinsi Lampung mencatatkan prevalensi gizi buruk atau *stunting* pada balita sebesar 14,9%, Salah satu faktor yang menyebabkan terjadinya stunting adalah kurangnya asupan nutrisi; penelitian menunjukkan bahwa

kekurangan zat gizi makro, yang terdiri dari protein, karbohidrat, energi, dan lemak, serta zat gizi mikro seperti kalsium, yang terdiri dari vitamin A, vitamin C, dan zat besi, berkorelasi secara signifikan dengan kejadian stunting.

Tujuan penelitian ini adalah untuk mengetahui gambaran kebiasaan konsumsi protein hewani dan kejadian stunting pada anak usia 6 – 23 bulan di wilayah kerja puskesmas sukadamai. Penelitian ini dilaksanakan pada bulan April 2025, bertempat di Desa Sukadamai, Desa Bandar Rejo, dan Desa Pancasila kabupaten Lampung Selatan. Metode yang digunakan pada penelitian ini adalah *cross sectional study* dengan jenis penelitian deskriptif kuantitatif. Analisis data yang digunakan adalah formulir FFQ Semi Kuantitatif, dan pengukuran antropometri menggunakan Infantometer untuk menentukan status gizi dengan menggunakan analisis data univariat untuk menjelaskan karakteristik masing-masing variabel yang diteliti.

Berdasarkan hasil penelitian diperoleh data karakteristik baduta yaitu kelompok usia 12–24 bulan sebesar 71,7%, responden dalam penelitian ini didominasi oleh anak laki-laki sebesar 55,8%, jumlah konsumsi protein hewani dengan kategori kurang sebesar 70,0%, frekuensi konsumsi protein hewani diketahui sebesar 1,7% kategori sering, dan status gizi stunting sebesar 15%. Orang tua disarankan untuk memberikan MP-ASI lengkap dan bergizi dengan fokus pada konsumsi protein hewani setiap hari, demonstrasi penambahan pangan lokal sumber protein hewani dalam MP-ASI untuk mendukung pertumbuhan optimal dan mencegah stunting.

Kata kunci : konsumsi, protein hewani, stunting, baduta
Daftar bacaan : 47 (2016-2024)

TANJUNGKARANG HEALTH POLYTECHNIC
NUTRITION DEPARTMENT
Final Assignment, April 2025

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Description of animal protein consumption habits and stunting incidents in children aged 6-23 months in the Sukadamai Health Center work area.

xiii + pages 62 + tables 10 + figures 3 + attachments 11

ABSTRACT

Based on data from the Indonesian Health Survey (SKI) in 2023 Lampung Province recorded a prevalence of malnutrition or stunting in toddlers of 14.9%, One of the factors that cause stunting is a lack of nutritional intake; research shows that macronutrient deficiencies, consisting of protein, carbohydrates, energy, and fat, as well as micronutrients such as calcium, consisting of vitamin A, vitamin C, and iron, correlate significantly with the incidence of stunting.

The purpose of this study was to determine the description of animal protein consumption habits and the incidence of stunting in children aged 6 - 23 months in the Sukadamai health center working area. This research was conducted in April 2025, located in Sukadamai Village, Bandar Rejo Village, and Pancasila Village, South Lampung Regency. The method used in this research is a cross sectional study with a type of quantitative descriptive research. The data analysis used was the Semi-Quantitative FFQ form, and anthropometric measurements using an Infantometer to determine nutritional status using univariate data analysis to explain the characteristics of each variable studied.

Based on the results of the study, data on the characteristics of baduta were obtained, namely the age group 12-24 months by 71.7%, the respondents in this study were dominated by boys by 55.8%, the amount of animal protein consumption in the category of less by 70.0%, the frequency of animal protein consumption was known to be 1.7% in the frequent category, and stunting nutritional status by 15%. Parents are advised to provide complete and nutritious complementary food with a focus on animal protein consumption every day, showing the addition of local food sources of animal protein in complementary food to support optimal growth and prevent stunting.

Keywords : consumption, animal protein, stunting, under-fives
Reading list : 47 (2016-20124)