

## ABSTRAK

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### **HUBUNGAN ASUPAN ENERGI DAN ZAT GIZI MAKRO BALITA, PEMBERIAN ASI EKSKLUSIF, DAN PENGETAHUAN GIZI IBU DENGAN KEJADIAN *STUNTING* PADA BALITA USIA 12-59 BULAN DI WILAYAH KERJA PUSKESMAS MANDOMAI**

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(xvi + 49 + 17 lampiran)

*Stunting* merupakan kondisi kronis yang menggambarkan terhambatnya pertumbuhan karena malnutrisi jangka panjang. *Stunting* didefinisikan sebagai z-score TB/U kurang dari -2 SD. Penelitian ini bertujuan untuk menganalisis hubungan asupan energi dan zat gizi makro, pemberian ASI eksklusif, dan pengetahuan gizi ibu dengan kejadian *stunting* pada balita usia 12-59 Bulan. Penelitian *cross-sectional* ini dilakukan di wilayah kerja Puskesmas Mandomai, Kabupaten Kapuas pada bulan Maret 2022. Populasi dalam penelitian adalah 210 balita *stunting* dan sampel sebanyak 53 balita *stunting*. Sampel diambil menggunakan metode *purposive sampling*. Data tentang tinggi badan diukur menggunakan *microtoice*. Data asupan energi dan zat gizi makro dikumpulkan menggunakan *food recall* 3 x 24 jam. Data tentang pemberian ASI eksklusif dan pengetahuan gizi ibu melalui wawancara menggunakan kuesioner. Data dianalisis menggunakan uji *Spearman Rank*. Hasil penelitian ini menunjukkan bahwa kejadian *stunting* pada balita tertinggi kategori pendek (64,2%), asupan energi balita tertinggi tergolong defisit tingkat berat (96,2%), asupan protein balita tertinggi tergolong berlebih (66%), asupan lemak balita tertinggi tergolong defisit tingkat berat (92,4%), asupan karbohidrat balita tertinggi tergolong defisit tingkat berat (100%), balita mendapatkan ASI eksklusif tertinggi kategori Ya (62,2%), dan pengetahuan gizi ibu balita tertinggi tergolong baik (84,9%). Asupan lemak ( $p=0,000$ ) berhubungan signifikan dengan kejadian *stunting*. Asupan protein ( $p=0,891$ ), pemberian ASI eksklusif ( $p=0,722$ ), dan pengetahuan gizi ibu ( $p=0,552$ ) tidak berhubungan signifikan dengan kejadian *stunting*. Orang tua balita, terutama ibu balita, disarankan memberikan asupan energi, protein, lemak, dan karbohidrat yang sesuai kebutuhan balita. Selain itu, orang tua balita perlu menyesuaikan porsi makan balita sesuai dengan kebutuhannya.

**Kata kunci** : Energi, zat gizi makro, pemberian ASI eksklusif, pengetahuan gizi ibu, *stunting*, balita

## ABSTRACT

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### **RELATION OF ENERGY AND MACRONUTRIENT INTAKE, EXCLUSIVE BREASTFEEDING, AND MOTHERS' NUTRITION KNOWLEDGE TO THE INCIDENCE OF STUNTING IN CHILDREN UNDER FIVE AGED 12-59 MONTHS AT PUSKESMAS MANDOMAI**

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*Stunting is a chronic condition that describes stunted growth due to long-term malnutrition. Stunting is defined as HAZ less than -2SD. This study aimed to analyze the relation of energy intake and macronutrients, exclusive breastfeeding, and mothers' nutrition knowledge to the incidence of stunting in toddlers aged 12-59 months. This cross-sectional study was conducted in the working area of the Mandomai Health Center, Kuala Kapuas in March 2022. The population in the study was 210 toddlers and the research samples were 53 stunted toddlers. Samples were selected using purposive sampling method. Height was measured using stature meter and infantometer. Data on energy and macronutrient intakes were collected using 3 x 24 hours food recall. Data on exclusive breastfeeding and mothers' nutrition knowledge were collected through interviews using a questionnaire. Data were analyzed using the Spearman rank test. The study results showed that, most of the toddlers' (66%), the energy intake of most toddlers was classified as severe deficiency (96,2%), the protein intake of most toddlers was classified as excessive (64,2%), the fat intake of toddlers was classified as severe deficiency (92,4%), carbohydrate intake for most toddlers was classified as severe deficiency (100%), most toddlers had exclusive breastfeeding (62,2%), and most mothers had good nutrition knowledge (84,9%). Fat intake ( $p=0,000$ ) had significant relationship with the incidence of stunting. Protein intake ( $p=0,891$ ), exclusive breastfeeding ( $p=0,722$ ), and mothers' nutrition knowledge ( $p=0,552$ ) were not significantly associated with the incident of stunting. Toddlers' parents, especially the mothers are advised to provide energy, fat, and carbohydrate intake according to the toddlers' requirements. The toddlers', parents need to adjust the portion of food according to their needs.*

**Keywords:** *Energy, macronutrient intake, exclusive breastfeeding, mothers' nutrition knowledge, stunting, children under five*